



### It must be regular

Regular exercise is essential. The frequency, intensity and duration of a fitness program should be increased gradually — and steadily. The strain of a once-in-a-while workout can do more harm than good.

Specialists agree that the average fitness session should last 45 minutes to an hour, depending on the type of activity and the age and general health of the participant. Sessions should take place at least three times a week. They should be continued throughout the year, winter and summer. And for best results, some sort of exercise program should be continued for a lifetime.

### Good habits make good sense

Good living habits go hand-in-hand with keeping fit. Some of these are:

- eating nutritious foods
- maintaining proper weight
- getting proper rest
- having regular medical and dental care

### Over-exercising can be dangerous

Anyone who is inactive, overweight, or who hasn't seen a doctor for some time, and who seriously wants to exercise, should start with a physical checkup.



Ministry of  
Health

Better health  
for a better life

Hon. Frank S. Miller,  
Minister

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# EXERCISE SHOULD BE FUN

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### Everyone needs exercise

Whether it's a course in belly dancing or just walking to the corner store, everyone needs exercise.

Exercise helps people to get fit and stay fit—and fitness means getting more enjoyment out of life. Physical activity helps prevent heart disease and other illnesses, by increasing resistance to disease. It also stimulates the body to burn excess calories, helping to control weight and reduce obesity.

Different people benefit from different kinds of exercise, and some need it more than others. Each person should work out an exercise plan, a program tailored to individual needs. It can be strenuous, like ballet or football, or something less demanding, such as walking. But to be effective, exercise should be vigorous enough to cause perspiration and deep breathing.

Exercise must also be regular to be beneficial.



### It's easier when it's fun

Motivation is the key to a successful exercise program — it should never be a chore.

Exercise can be enjoyed alone — or with others. The whole family can go cycling, taking the baby in a carrier. Or they can swim, skate, or hike along nature trails together.

Sometimes it's easier to keep an exercise program going with someone along to offer encouragement. Singles often make new friends through programs at well supervised fitness clubs.

Exercise programs can be varied to make them interesting. They can include more than one sport or activity, or different ones in different seasons.

A jogger can try a change of scenery sometimes, or go in the morning instead of the evening. Swimmers can try a different pool, or take friends along. The more varied and exciting the program, and the more fun it is, the longer people are likely to stay with it.

Daily exercise should become just as natural as eating or sleeping.



### The rewards are many

A good fitness program can lead to a longer, happier life. It can improve energy, stamina, mental and physical alertness, concentration, co-ordination, agility, circulation and breathing. The heart muscle is strengthened, tensions are relieved and greater satisfaction gained from work and play.

Better health makes people feel better — and look better, too.

### The choice is wide

You name it. There are plenty of sports and activities to choose from, like golf, tennis, canoeing, skiing, skating, swimming, water-skiing, cycling, running and mountain climbing—and that's just a start.

Exercising can be done simply, without the use of elaborate facilities. A regular walk around the block may help keep a senior citizen in shape. Walking or running up and down the stairs in an apartment building may help younger people keep fit. Walking, instead of driving, may benefit others. And community parks, pools and recreational facilities are open to everyone.